CYBERBULLYING & SPOTTING THE SIGNS

THE CHILD:

Becomes withdrawn or shy
Shows signs of depression
Is extremely moody or agitated
Is anxious or overly stressed out
Shows signs of aggressive behavior

Suddenly stops using the computer
Changes eating or sleeping habits (e.g., nightmares)
No longer wants to participate in activities once enjoyed
Hurts self, attempts or threatens suicide
Suddenly changes friends

Doesn't want to go to school
Gets into trouble at school or skips school
Loses interest in school
Drops in grades

Stops using the computer or turns off the screen when someone comes near
Appears nervous or jumpy when using the computer or cell phone
Is secretive about what they are doing on the computer
Spends excessive amounts of time on the computer
Becomes upset or angry when computer or cell phone privileges are limited or taken away

The biggest red flag is a withdrawal from technology. If you notice a sudden change in computer or phone usage, talk to the child. They may be being cyberbullied.

What Parents Can Do

·Keep your home computer in a busy area of your house.
·Set up email and chat accounts with your children. Make sure that you know their screen names and passwords and that they don't include any personal information in their online profiles.
·Regularly go over their instant messenger "buddy list" with them. Ask who each person is and how your children know him or her.
·Discuss cyberbullying with your children and ask if they have ever experienced it or seen it happen to someone.
·Tell your children that you won't blame them if they are cyberbullied. Emphasize that you won't take away their computer privileges - this is the main reason kids don't tell adults when they are cyberbullied.

Who is your child texting?
What messages are being sent or recieved?
Know who is calling or texting your child!

Bullying is...

Fighting, threatening, name-calling, teasing, or excluding someone repeatedly and over time
an imbalance of power, such as size or popularity, physical, social, and emotional harm
Hurting another person to get something

Kids who are bullied are more likely to

- Do poorly in school
- Have low self-esteem
- Be depressed
- Turn to violent behavior to protect themselves or get revenge on their bullies

Kids who bully are more likely to

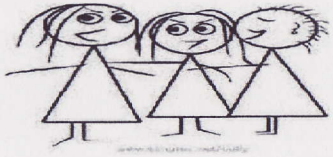
- Do poorly in school
- Smoke and drink alcohol
- Commit crimes in the future

What Parents Can Do

Parents can play a central role to preventing bullying and stopping it when it happens.
Here are a few things you can do...

•Teach kids to solve problems without using violence and praise them when they do.
•Give children positive feedback when they behave well to help their build self-esteem. Help give them the self-confidence to stand up for what they believe in.
•Ask your children about their day and listen to them talk about school, social events, their classmates, and any problems they have.
•Take bullying seriously. Many kids are embarrassed to say they have been bullied. You may only have one chance to step in and help.
•If you see any bullying, stop it right away, even if your child is the one doing the bullying.
•Encourage your child to help others who need it.
•Don't bully your children or bully others in front of them. Many times kids who are bullied at home react by bullying other kids. If your children see you hit, ridicule, or gossip about someone else, they are also more likely to do so themselves.

*****REMEMBER, SAFETY STARTS AT HOME*****



GET INVOLVED...BE A ROLE MODEL...SET AN EXAMPLE...BE INVOLVED!!!